

# OAVS NEWS

31st July (Monday)

Monthly Newsletter

No 000016

● Creative Writing

● Achievements

● Biography

● Drawings and Paintings

## HON'BLE CM FELICITATES OAVS CLASS X & XII TOP PERFORMERS



24/06 – Hon'ble Chief Minister Naveen Patnaik felicitated top 12 performing OAV students of Class X and top 06 performing OAV students of Class XII in a function held at Lokseva Bhawan Convention Hall, Bhubaneswar.

Hon'ble Minister, Sri Sudam Marandi, School & Mass Education, Shri Upendra Tripathy, Hon'ble Adviser, OAVS, Shri Pradeep Kumar Jena, Chief Secretary, Government of Odisha, Mrs. Aswathy S, Commissioner-cum-Secretary, School & Mass Education Department and Shri Durga Prasad Mohapatra, State Project Director, OAVS also attended the event.

Hon'ble Chief Minister also inaugurated 13 newly constructed academic buildings and 28 hostel buildings of Odisha Adarsha Vidyalaya Sangathan and also laid foundation for 276 hostel buildings of Odisha Adarsha Vidyalayas (OAVs).

Hon'ble Chief Minister also congratulated the new entrants who were selected through OAV Entrance test. The Programme was live streamed for parents and newly admitted students of OAVs to watch at Vidyalayas.



**Editor in cheif-** Smt. Yamini Sarangi, IAS  
State Project Director, OAVS

## SMT. YAMINI SARANGI, IAS APPOINTED AS STATE PROJECT DIRECTOR OF OAVS



Smt. Yamini Sarangi, 2008 batch IAS officer joined as State Project Director, Odisha Adarsha Vidyalaya Sangathan on 7th July 2023. A notification issued by the General Administration & Public Grievance (GA & PG) Department said that Yamini Sarangi, officer on Special Duty, GA & PG Department is appointed as State Project Director, OAVS in place of Shri Sangram Keshari Mohapatra, IAS.

Smt. Sarangi has been allowed to remain in additional charge of Additional Secretary to Government, Finance Department, the notification added. Similarly, Shri Sangram Keshari Mohapatra, has been appointed as Additional Secretary to Government, School & Mass Education Department.

Smt Sarangi has earlier served in the capacities of Sub-Collector, PD DRDA, Collector & District Magistrate, Joint Secretary of Health & Family Welfare Department, Managing Director of Odisha State Medical Corporation Ltd. (OSMCL) and Commissioner, Food Safety, Odisha. Smt. Sarangi recently completed the mid-career course of Masters in Public Policy from Princeton University, USA. She has joined at OAVS after completion of her study leave.

## OAVS TEACHERS ATTEND TRAINING AT TDC, KARNATAKA



108 Trained Graduate Teachers from OAVS, 53 from TGT Mathematics and 55 from TGT Science attended capacity building programme held at Talent Development Centre, Challakere campus of Indian Institute of Science, Karnataka from 01 July 2023.

This capacity building programme focuses more on developing practical/ activity aspects & how it can improve learning habit of students along with pedagogical aspects carried out in classroom activities.

This programme is being organized in collaboration between Odisha Adarsha Vidyalaya Sangathan, Science & Technology Department, Government of Odisha and Talent Development Centre of IISc., Challakere, Karnataka.



Hon'ble Advisor OAVS visited OAV Ranibhol



Hon'ble Advisor OAVS and Principal Adviser (education) to Chief Minister Shri Upendra Tripathy IAS (Retd) visited OAV Ranibhol on 31.07.2023. He inaugurated the 1st edition of school wall magazine PALLAVI and House board decoration of 4 Houses MAHANADI, BRAMHANI, BANSHADHARA and SUVARNAREKHA. Interacted with the students of class XII Science and Commerce and encouraged to secure excellent marks in board examinations and Crack the National Level examinations such as NEET, JEE, NDA, CLAT and CPT etc. He appreciated OAV Ranibhol as a brand of OAVS and recommended for State/National award.

OAVS OFFICIALS VISIT OAVs OF VARIOUS DISTRICTS

Smt. Bandana Mohapatra, Joint Director (Academics) of Odisha Adarsha Vidyalaya Sangathan visited OAV Jayantgiri, OAV Messingput, OAV Pungar, OAV Pottangi and OAV Goudaguda of Koraput district. Smt. Mohapatra observed the curricular transaction in the Vidyalaya and also reviewed the performance of students in 2023 CBSE Class X & XII Examinations. Similarly Shri Chandan Kumar Rath, Asst. Director, OAVS visited OAV Agnipur & OAV Majhiguda of Nabarangpur district, OAV Gundal & OAV Parajapuki of Koraput district and OAV Chandrapur of Rayagada district. Smt. M. S. Snata, Asst. Director, OAVS visited OAV Lahanda of Keonjhar district, OAV Kusumdihi, OAV Paragposh & OAV Gurundia of Sundergarh district and OAV Tileibeni of Deogarh district. Manash Ranjan Dash, Asst. Director, OAVS paid a visit to OAV Boipariguda of Koraput district and OAV Podaghat, OAV Gundriguda, OAV Chitrakonda and OAV Kangarukonda of Malkangiri district.



VISIT OF IAS PROBATIONERS TO ICONIC OAV AND INTERACTION WITH STUDENTS



Six IAS probationers Ms. Dheenah Dastageer, Mr. Dhiman Chakma, Ms. Kirandeep Kaur Sahota, Mr. Prathamesh Arvind Rajeshirke, Mr. Rehan Khatri and Ms. Rina Pradhan made their exposure visit to Iconic OAV on 14.07.2023 and interacted with the students directly in the classrooms. They shared their experience in their respective fields of education and administration. Students also enthusiastically questioned them and the officers eagerly responded. The officers praised the government's initiative for setting up such a school for the benefit of rural talents of the state.

ICONIC OAV PARTICIPATES IN SAIMUN-2023

Twenty students from Iconic OAV participated in SAI Model United Nation 2023 organised by SAI International school on 28th and 29th July. The students represented various countries in different committees of the UN like UNGA-DISEC, UN-WOMEN, UNEP, UNESCO AND UNHRC. Baishnavi Raul, Swagatika Mohanta, Subhasmita Purohit and Shilpika Meher of class XII WERE adjudged as SPECIAL MENTIONS. Payal Shah, Bistruti Rath, Gayatri Mohanta, Priyanka Prasad, Pragyan Pr.Sahu, Sonali Jena and Smitashree Jena were appreciated as DELEGATES. Mr. Raturaj Barik, PGT Comp. sci. coordinated the programme and was appraised by the



ODISHA ADARSHA VIDYALAYA SANGATHAN



SUCCESSFUL CANDIDATES OF NEET - 2023

 AHIRA MEHER OAV BIBINA MARK- 662 AIR- 4170/ 1365 (OBC-NCL)	 ANUSHAB MOHRA OAV PATRACHERA MARK- 648 AIR- 7450/ 3747 (GEN)	 BYANABANTA SAHU OAV BHALLUMUNDA MARK- 645 AIR- 8279/ 3079 (OBC-NCL)	 RIRJU MEHER OAV GAUSLET MARK- 645 AIR- 8469/ 3162 (OBC-NCL)	 MADHUSUDAN SWAIN OAV SASANABAGAN MARK- 641 AIR- 9540/ 3833 (OBC-NCL)
 SANGITA S. NAYAK OAV SALAPADA MARK- 635 AIR- 13872/ 5432 (GEN)	 MADHUSMITA BEHERA OAV KARAPALI MARK- 633 AIR- 12319/ 4095 (OBC-NCL)	 SARTHAK MOHANTY OAV KARAPALI MARK- 622 AIR- 17809/ 7947 (GEN)	 SHAKTI PRASAD SWAIN OAV BAURIGANDAPALI MARK- 615 AIR- 20060/ 8733 (OBC-NCL)	 MRUTYUNJAYA DASH OAV MUSIGUDA MARK- 610 AIR- 23448/ 9829 (GEN)
 NIRANJAN MOHANTA OAV SALAPADA MARK- 602 AIR- 27614/ 12029 (OBC-NCL)	 NISHARANI SA OAV PATRACHERA MARK- 586 AIR- 37716/ 16880 (OBC-NCL)	 RAJESH NAYAK OAV MATOTA MARK- 575 AIR- 49568/ 20565 (OBC-NCL)	 ADITYA PRASADIN PRADHAN OAV KASAPALI MARK- 558 AIR- 57603/ 7804 (GEN-EWS)	 SHRUTI SMARANEE SAHU OAV MAHARJUNDA MARK- 551 AIR- 61542/ 28849 (OBC-NCL)
 JYOTIRMAJEE MOHANTA OAV ORISSA TELIACH MARK- 548 AIR- 65864/ 29899 (OBC-NCL)	 PUSPANJALI BEHERA OAV KARAPALI MARK- 491 AIR- 117525/ 5341 (SC)	 ROSALI BANI SETHI OAV KARAPALI MARK- 477 AIR- 132029/ 6636 (SC)	 RAISEN TUDU OAV RANIBHOL MARK- 456 AIR- 156307/ 1812 (ST)	 SATYBRATA DAS OAV SALAPADA MARK- 447 AIR- 164253/ 10293 (SC)
			 SHISHIR KUMAR BEHERA OAV BHARHARADA MARK- 447 AIR- 164780/ 10311 (SC)	



## Exploring the Vast Horizons: A Career in Biological Sciences in the Modern Era

JAYA KRISHNA BEHERA  
PGT BIOLOGY, OAV PARIMALA, NUAGADA, GAJAPATI

### Introduction

In the modern era, the field of biological sciences has taken centre stage, offering a captivating realm of exploration and innovation. With breakthroughs in genetics, biotechnology, and environmental sustainability, a career in biological sciences has become more dynamic and impactful than ever before. This article delves into the diverse and promising avenues within the biological sciences, highlighting the significance of this field and providing insights for those considering a career in its embrace.

### The Dynamic Landscape of Biological Sciences

Biological sciences encompass an array of disciplines that unveil the mysteries of life and its intricate processes. From genetics and microbiology to ecology and biomedicine, the biological sciences offer an array of specializations, each contributing to our understanding of life on Earth.

#### 1. Genetics and Genomics:

Geneticists study DNA and heredity, unravelling the secrets of inheritance and the role of genes in health, disease, and evolution. The advent of genomics has enabled personalized medicine and gene editing technologies.

#### 2. Microbiology:

Microbiologists explore the hidden world of microscopic organisms, studying their behaviour, interactions, and potential applications in fields such as medicine, agriculture, and environmental remediation.

#### 3. Biotechnology:

Biotechnologists harness biological systems and organisms to develop innovative products and technologies. This field plays a pivotal role in producing biofuels, pharmaceuticals, and genetically modified organisms.

#### 4. Ecology and Environmental Sciences:

Ecologists study the relationships between organisms and their environments, with a focus on conservation, biodiversity, and sustainable resource management.

#### 5. Biomedicine and Health Sciences:

Biomedical scientists delve into the molecular and cellular mechanisms underlying human health and disease, contributing to the development of novel treatments and therapies.

### The Significance of Biological Sciences in the Modern Era

#### 1. Advancements in Medicine:

Biological sciences have fuelled remarkable advancements in medical research, leading to breakthrough treatments, precision medicine, and gene therapies that have the potential to revolutionize healthcare.

#### 2. Environmental Conservation:

The field plays a critical role in addressing global environmental challenges, such as climate change and habitat destruction, through sustainable practices and conservation efforts.

#### 3. Agricultural Innovation:

Biological sciences contribute to developing resilient crops, efficient farming practices, and biologically based pest management, promoting food security and sustainable agriculture.

#### 4. Biotechnology Revolution:

The biotechnology industry is at the forefront of developing transformative technologies, such as CRISPR gene editing and synthetic biology, with implications for various sectors including medicine, energy, and manufacturing.

### Charting a Career Path in Biological Sciences

#### 1. Education:

A strong educational foundation is essential. Pursue a bachelor's or advanced degree in a specialized area of biological sciences from a reputable institution.

#### 2. Research and Exploration:

Engage in research projects, internships, or lab work to gain practical experience and exposure to cutting-edge advancements in the field.

#### 3. Skill Development:

Hone critical skills such as data analysis, critical thinking, and effective communication. Staying updated on emerging technologies and research trends is crucial.

#### 4. Networking and Collaboration:

Attend scientific conferences, workshops, and seminars to connect with peers and professionals. Collaboration can lead to mentorship and research opportunities.

#### 5. Lifelong Learning:

Embrace the ethos of continuous learning, as biological sciences are rapidly evolving. Pursue additional certifications, attend workshops, or pursue advanced degrees to stay at the forefront of the field.

#### Conclusion:

A career in biological sciences offers an exhilarating journey of discovery and innovation. The modern era's emphasis on healthcare, sustainability, and technology has elevated the importance of biological sciences to new heights. Whether you're delving into the intricacies of DNA, researching novel medical therapies, or championing environmental conservation, the biological sciences provide a platform to make a profound impact on society and the world. By pursuing education, practical experience, skill development, and a passion for exploration, you can unlock the vast horizons of a fulfilling and influential career in the captivating realm of biological sciences.



ISRO: REACHING NEW HEIGHTS

NIHARBALA BEHERA

TGT (SCIENCE), OAV TETELENGA, BOUDH



• Motto of ISRO (Indian Space Research Organisation) : Technology in the Service of mankind

• Dr Vikram Sarabhai founded ISRO in 1969. He is also considered the father of the Indian space program. On his name, the lander for Chandrayaan 2 was called 'Vikram lander'.

• Aryabhata was the first satellite of ISRO, launched on 19 April 1975 with the help of Russia.

• Chandrayaan 1 – India's first lunar mission launched in 2008 to collect scientific information about the moon's mineralogy, geology & topography, making India the 4th country to host its flag on the moon.

• Mangalyaan or MOM (2014) - India is the 4th country to reach Mars after the US, Russia & Europe. India remains the only country to reach Mars on its first attempt (in orbit, not landed) despite having a tight budget of INR 450 crore.

• ISRO created another world record for launching the greatest number of satellites in one go in a single mission in 2017 using the Indian rocket Polar Satellite Launch Vehicle from Andhra Pradesh. 101 were foreign satellites out of 104 satellites.

• Interestingly, parts of the first rocket were carried on bicycles to a church in Thiruvananthapuram in 1963. This church was later renamed Vikram Sarabhai Space Centre.

• A fun fact is that Pakistan also has a space agency called SUPARCO, formed in 1961, and ISRO was formed in 1969. On the one hand, ISRO launched 86 satellites for itself, whereas; SUPARCO launched only 2 with the help of foreign countries.

• ISRO also developed Bhuvan, a web-based 3D satellite imagery tool that is the Indian version of Google Earth.

• ISRO's last 40-year spending is equivalent to NASA's six months' expenditure.

### LET'S DO "MOON KI BAAT" (OUR MISSION TO MOON)

#### Chandrayaan-1

India's first mission to Moon, was launched successfully on October 22, 2008 from Sriharikota. The spacecraft was orbiting around the Moon at a height of 100 km from the lunar surface for chemical, mineralogical and photo-geologic mapping of the Moon. The satellite made more than 3400 orbits around the moon and the mission was concluded when the communication with the spacecraft was lost on August 29, 2009.

#### Chandrayaan-2

This second lunar exploration mission had main scientific objective to map and study the variations in lunar surface composition, as well as the location and abundance of lunar water. The lander and the rover were scheduled to land on the near side of the moon in the south polar region at a latitude of about 70° south on 6 September 2019. However, the lander crashed when it deviated from its intended trajectory while attempting to land on 6 September 2019.

#### Chandrayaan-3

• Through this lunar mission India aims to examine the Moon's surface, especially areas that have not been receiving sunlight in some billion years.

• Scientists believe that these areas on the lunar surface possibly have a permanent source of water

• Scientists and astronomers are suspecting the presence of ice and abundant mineral stocks in these darker parts of the lunar surface.

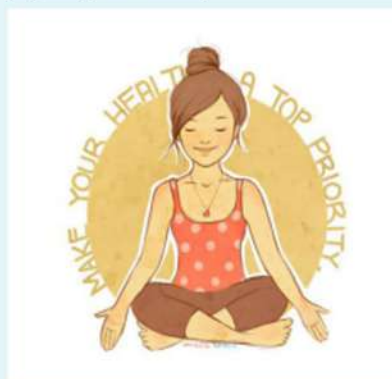
• In addition, scientists also have a keen interest in the craters present in the southern pole. They believe these cold traps may contain mysterious fossil records of the early planetary system.

• In addition, this exploration will not limit to the surface but aim to study the sub-surface and exosphere.



## My Health: My First Priority

Good health helps a person to live one's life to its fullest potential without being physically or mentally unfit. Unhealthy lifestyle results in deterioration of one's wellbeing. Staying healthy and fit is very important for each generation. Exercising and eating healthy are the best ways to retain your health both physically and mentally.



People, who take their health seriously and are serious about maintaining their fitness, do exercises on a daily basis, eat a healthy diet, and sleep well on time for adequate duration. Being healthy and fit allows you to stay active and further increases your confidence and concentration power. By staying healthy and fit, one can set an example for others and slowly help others increase their health, nutrition, knowledge, and consumption of sustainably

produced foods. Major reasons that lead to the deterioration of health are as follows:

**Daily stress** – Students often feel stressed about school work, and exams. Professionals are also prone to stress with regard to their life and work. Such conditions lead to imbalanced mental health.



**Depression** – Prolonged stress about something leads to depression and becomes a health issue.

**Intake of harmful substances** like alcohol, preserved foods, etc, adversely affect the physical and mental health and fitness.



**Lack of sleep** – People tend to work late at night, constantly use their phones, etc and forego their destined sleep cycle. As suggested by medical experts, a defined time of sleep is mandatory for each individual. Lack of sleep results in an unfit lifestyle.

**Junk foods** – Intake of junk foods has replaced the proper nutritional diet that one should consume. Unhealthy food habits directly create unhealthy wellbeing.



Natural phenomena such as pollution, etc also make us unhealthy and unfit. Proper preventive measures must be taken to defend ourselves against adverse

natural environment.

Following are the things that lead to maintenance of a healthy and fit person:

1. Regular Exercise routine – Each individual should focus on a defined time for daily exercise, as it directly affects both mental and physical health of a person.

2. Balanced nutritional food intake – One should concentrate on each and every thing to eat and drink. Having a balanced diet that includes essential minerals, vitamins and proteins makes a person healthy and fit.



3. Clean and tidy environment – We should make sure

our surroundings clean and fit for us to survive.

4. Take appropriate amount of sleep. Each individual, as per medical norms, should take at least 8 hours of sleep.
5. Drink loads of water, as it helps to release toxins and improve one's metabolism.
6. Maintain hygiene and have proper sanitation.



7. Have a positive outlook towards life. For mental health, it is the key to stay fit and healthy. Positive thoughts should rule the mind in order to stay happy and maintain the mental and emotional health and fitness.

8. Staying healthy and fit is not difficult if taken as the foremost priority. By following the above-mentioned simple steps, each one of us can lead a healthy, fit and fruitful life. Maintaining balance of thoughts, nutritional diet, rigorous exercise, Yoga, optimum level of sleep are actually the main contributory factors for our wellbeing and a healthy and fit lifestyle.

**Conclusion:** We create the conditions that lead to an unhealthy and unfit lifestyle. That's a fact. So, we should develop good habits, and become capable of taking the required measures to lead a healthy and fit lifestyle.

Payal Panda  
PGT English  
Oav Tarando kendrapara

## UNIQUE CULTURAL HERITAGE OF MALKANGIRI

Malkangiri District, located in the state of Odisha, India, has a rich and diverse cultural heritage. It is home to various indigenous communities, each with their unique traditions, customs, and festivals.

These tribes include the Bondas, Koyas, Parajas, and many others. The district's cultural tapestry is adorned with colorful dance forms, music, and traditional art. The tribal dances, like Dhemsas, Karma, and Gotipua, are a vibrant expression of their beliefs and rituals. Music plays a significant role in their daily lives, with traditional instruments like dhol, madal, and flute being commonly used.



Festivals in Malkangiri are celebrated with great enthusiasm. Events like the Chaitra Parab, Dussehra, and the Koya festival are essential occasions when the communities come together to celebrate, perform rituals, and showcase their cultural heritage.



The district's handicrafts, including intricate bamboo and cane works, are noteworthy and are often part of their daily life. Additionally, their traditional attire reflects the distinctive identity of each tribe.



The culture of Malkangiri is deeply rooted in their connection with nature and agriculture, shaping their way of lives and fostering a strong sense of community. The district's cultural diversity and traditions make it a captivating and culturally enriching region to explore.

Rajesh Kumar Naik  
TGT Odia  
OAV KANGURUKONDA ,KALIMELA



**A LETTER TO GOD**

**URMILA SAHOO**  
PGT ENGLISH  
OAV HATIOTA, POLASARA

Dear God, are thou living in temples, churches or mosques?  
Shall I write thy address on this envelope?  
To specify thy name, what should I write,  
What would be your unintended reaction?  
People say thou are omnipresent to observe  
The things seen unseen or forgotten.  
Thou presence they search everywhere except heart's native,  
I am not complaining, yet a paradox, a fact of objection.  
Ok, let it, wherever may be thou abode  
It's not of course a matter of my concern.  
I have a sort of things to share oh Mr. God,  
Do you really like thou creation with uncondition?  
Come and see the poor living life with thy name on the lips,  
Die hard fans die with compromise in between.  
Look thou presence is mere to be presentable here  
Little lesser than the rude fact of a showbiz sure.  
If thou can see, just have a look towards the inner engine,  
Rusted dusted still works as a trusted human sin.  
The green world is no more green with no birds chirp or no monkey grin,  
Tough to find a pure clear sky with a sensible air of calm & serene.  
They believe still you are there in thy abode four walls covered,  
Irony in their faith reigns not to throw a bluff mastered.  
With due honour a plead to visit the frame thy structured minutely,  
Looking into the wrongs happened or committed frequently.  
Solutions ahead prepare after the research prompt,  
With a thesis be presented for the day scheduled.

**SPACE EXPLORATION:  
EXPENDITURE OR INVESTMENT**

**SIPRARANI SAHU**  
CLASS IX, OAV MURIBAHAL

Recently India's third Lunar mission and second attempt at achieving a soft landing on the moon surface lunched successfully. It is the Chandrayan-3 that took off from the Satish Dhawan space center in Sriharikota on 14th July, 2023. The spacecraft will be inserted into the translunar orbit on 1st August 2023 as according to the plan. The Chandrayan-3 mission is expected to land on the moon on 23rd August, 2023.

In the mean time a discussion is going on that a big proportion of expenditure is being spent on exploring the space. It is argued that this expenditure should be spent on other important things. But we should keep in mind that space programme is crucial and important for whole world. These space exploration improve the communication between countries in the world. Further it can also help in resolving some global ecological problems like global warming, environmental degradation etc. For instance NASA has lunched many satellites in the orbit which are being used to broadcast the signals in the form of audio and video to access the globe. Spending on space exploration obviously an investment towards the future development of the nation. Government of India should provide funds to ISRO for more exploration. If hundred crores of money can be spent on making movies or statues, than why shouldn't on space exploration.

**A WORLD AT WAR**

**AISWARYADEEP NAYAK**  
CLASS -12 SCIENCE,  
OAV TARANDO, KENDRAPARA

Amidst the shadows, woes unfurl,  
A world engulfed, in pain it swirls.  
Hatred's venom, poison'd breath,  
Tragedies bound, entwined with death.

Wars erupt, their cannons roar,  
Peaceful hearts, they break and pour.  
In hallowed lands, where tears cascade,  
Stress and anguish, cruelly pervade.

Yet hope abides, like starry gleam,  
Through darkest nights, a guiding beam.  
Nature's solace, healing balm,  
To soothe the souls, to bring them calm.

Let kindness bloom, like wildflowers free,  
Embrace compassion's empathy.  
For in the darkest hours, we find,  
The strength to heal, the love to bind.  
Though storms may rage, and skies seem gray,  
In unity, we'll find our way.

**WHY GOD?**

**ANSUMAN PATRA**  
CLASS-12 SCIENCE,  
OAV TARANDO, KENDRAPARA

Why God? Why have you created us?

For your enjoyment or to torture us  
To create equality or discriminate us.  
Giving actual knowledge  
or showing off in front of us.

Then Why God? Why have you created us?

You know and everyone knows that  
You have created us.  
You never made us equally  
You always discriminate among us.  
Then why we got compared  
Even we are different among us.

Then Why God? Why have you created us?

Why always the good one gets most the hurt  
Why he got tortured at every spot  
Is that the only fate he got.

Then Why God? Why have you created us?

Why the correct person  
get suppressed by the society  
Is it his fault to provide his duty.  
Then in this situation  
Tell me Who is guilty...

**TEACHER-A FRIEND, GUIDE AND MOTIVATOR**

**SONALI JENA**  
CLASS-XII, SECTION-E,  
ICONIC OAV, BBSR

A special person that teaches  
a child in class;  
To just keep his attention  
In a world that moves so fast.

For a child, he is unique  
With talents deep inside;  
To help to build his confidence  
So as to beam with pride.

Showing the child with a little patience  
Who's lost and gone out of his way;  
To a child who feels abandoned  
Who has seen better day.

For inspiring and motivating  
A child keeps on learning and growing;  
To go into this big wide world  
That has its highs and lows.

O, dear teacher! you are a special person  
You always give your best  
And for every child that has your class  
Their life is truly blessed.

**LISTENING TO MY LIFE**

**TANUSHREE ROY**  
PGT-MATHEMATICS,  
OAV KURSUD, TITILAGARH

Listening to sad songs,  
I succumb to my pain  
Of loss of time and sane.

Sometimes,  
These sad songs are for Love's Fort.  
Otherwise,  
I sing them for my own faults.

Listening to the lyrics,  
I realize I lost a day again to my own sanity  
Filling my head with regrets & vulnerability.  
Here,  
My heart is vulnerable  
Where  
My mind does not think it to be capable.

Listening to the music,  
I lose myself in the rhythm of the flute  
Which takes me to travel for my own impute.  
Neither  
I think myself as capable as the flute's sweetness  
To attract my dream  
Nor  
I find myself as strong as the flute's sad notes  
To make my heart scream.

And,  
I listen to these songs  
Remembering my auld companion  
Collecting my days of lost battles  
Maybe not I search for that companion again  
But, say I thrive to catch my left-out dreams' train



## धन्याः महीरूहाः

वृक्षे हि कुर्वन्ति विहगाः नीडम् ,  
केचित् तु कुर्वन्ति काष्ठे हि छिद्रम्।  
आतपे तिष्ठति वर्षानुवर्षम्,  
अन्येषां करोति छाया प्रदानम् ॥  
जलवातप्रकाशैः निर्माति अन्नम्,  
तेन हि अन्नेन वर्धते नित्यम् ।  
वृक्षस्य विद्यमानेन सर्वं हि कार्यम्,  
जीवनं तस्यास्ति परोपकारार्थम्।  
पुष्पम् सुन्दरम् अतीव मोहकम्  
पुष्पम् तस्य भवति देवपूजार्थम्।  
फलं रसमयं फलं स्वादयुक्तं,  
फलं हि अस्ति रे खगस्य अन्नम् ।  
वृक्षः नैव खाति रे स्वकीयं फलम्,  
सर्वं हि अङ्गम् तस्य लोकहि।तार्थम्  
जनाः न स्मरन्ति तस्य उपकारम्  
बहुधा कुर्वन्ति वृक्षछेदनम्।  
तथापि सर्वदा कुर्वन्ति परोपकारम्  
धन्याः धन्याः महीरूहाः ॥

ओड़िशा आदर्श विद्यालयः,  
यालपडा, केन्दुझर  
मनस्मिता परिडा  
कक्षा - अष्टमी

## घुमुर

रात्रिकु घुमुर तारा थाळ तार  
दिनकु घुमुर छारा ,  
पुनाळ थाळारुण घुमुर दिशळ  
रुद्रि मारुथुले पाळ ।  
राथीकु घुमुर दिळ-घाद्रि, तुरु  
नळकु घुमुर नाथा,  
दूर पारवत दिशळ घुमुर  
घरकु घुमुर नाथा ।  
वशकु घुमुर रुखळता, गुळ  
थळकु घे घार वधु,  
थाळ ना' नुझर काशुणा घुमुर  
थळकु घाळुथा ७० ।  
कलाकाशु रूले मरुळ तुरुका  
राकाळ पथा नुळुत,  
गेना लारत नाथा दिशळ घुमुर  
रुद्रिले तुळुला नेत ।

उड़िशा आदर्श विद्यालय, तारवतार  
केन्द्रिय कक्षा  
कक्षा : अष्टम

## योगः

योगशब्दः संस्कृतस्य युजशब्दात् निष्पन्नः अस्ति।योगशब्दस्य शाब्दिकार्थः संयोगः,  
एकीभवः, बन्धनं च भवति। आत्मनः परमात्मना सह संयोगः योगः इति उच्यते।  
महर्षि पतञ्जलेः मतानुसारं मनसः निरोधः योगः इति(योगः चित्तवृत्ति निरोधः)।  
श्रीमद्भगवद्गीतानुसारं स्वकर्मसु कौशलम् आनयनम् योगः एव  
(योगः कर्मसु कौशलम्।गीता २/५०) । अद्य सर्वं जगत् योगस्य विषये जानाति।  
२१ दिनाङ्कः जूनमासस्य अन्तर्राष्ट्रीय योगदिवसः इति उच्यते।  
योगस्य प्रणेता भगवान् शिवः शतशः वर्षं पूर्वं योगस्य उत्पत्तिं अकरोत्।  
भगवान् शिवः योगस्य ज्ञानं भगवते सूर्याय दत्तवान् तदनन्तरं भगवान् सूर्यः  
तपस्वीऋषीभ्यः दत्तवान् ततः सामान्यजनानाम् समीपम् आगतः।  
योगस्य प्रथमः वक्ता हिरण्यगर्भः आसीत्। महर्षि पतञ्जलिः योगस्य पितामह  
इति प्रसिद्धः अस्ति, सः 'पतञ्जलियोगदर्शनम्' इति ग्रन्थं लिखितम् ।  
योगः अस्माकं भारतीयसंस्कृतेः अमूल्यं रत्नम् अस्ति।योगः अनेकेषां  
शारीरिक-मानसिकरोगाणां निवृत्तौ सहायकः भवति।योगस्य उल्लेखः  
विश्वस्य प्राचीनतमः ग्रन्थे ऋग्वेदे मध्ये अपि अस्ति।अस्य अतिरिक्तं  
श्रीमद् भगवद्गीतायां अपि योगस्य विषये बहवः सूचनाः प्राप्यन्ते।  
योगस्य अर्थः केवलं आसनं प्राणायामं च न भवति।योगः अनेके प्रकाराः  
सन्ति यथाः-भक्तियोग,कर्मयोग,ज्ञानयोग,राजयोग,हठयोग,मंत्रयोग,  
कुंडलिनियोग इत्यादयः। योगः अष्टभागेषु विभक्तः अस्ति,  
यः अष्टाङ्गयोगः इति कथ्यते।यस्मात् जायते। यथा :  
यम,नियम,आसन,प्राणायाम,प्रत्याहार,धारणा,ध्यान एवं समाधि।  
योगस्य अनेके लाभाः सन्ति यथा :- योगेन मनः अनुशासितं भवति।  
योगेन शरीरं स्वस्थं भवति।एकाग्रता वर्धते।आन्तरिकशक्तयः विकसिताः  
भवन्ति। कर्मन्द्रियाणि,ज्ञानन्द्रियाणि प्रबोधयति। योगः जीवनं समग्रतः ददति।

ओड़िशा आदर्श विद्यालयः भरुआमुण्डा, बेलपडा  
रितेश कुमार अगस्तीः  
कक्षा ९

## पंख फैलाकर तो देख

एक बार पंख फैलाकर तो देख,  
नीचे बैठकर आसमान को क्या देख रहा है ?  
तेरा फल नीचे नहीं आसमान पर खड़ा है  
आसमान से तुझे दुनिया देखना है,  
गरुड की तरह दुनिया जीतना है ।  
छाँटी सी चड़ियाँ जब उड़ती हैं,  
तो बार-बार गरिती हैं,  
लगतार उठती हैं हर बार उड़ती हैं,  
क्योंकि वह जानती हैं कि  
उसे आसमान का सीना चरि कर  
सूरज के करिण को चूमना है ।

एक बार पंख फैलाकर तो देख,  
बाज सा नशिना लगाकर तो देख,  
वक सा ध्यान लगाकर तो देख,  
अपना घोंसला खुद के हाथों से बनाकर तो  
देख,

प्रवासी पक्षी जब उड़ती है,  
तूफान से नहीं डरती,  
समंदर के गर्जन से नहीं काँपती,  
सूर्य की पूरखर करिणों से नहीं घबराती,  
तू भी आसमान पर एक छायां लगाकर देख,  
हवाओं से बातें कर,  
आसमान को चरि कर,  
सूर्य के करिण को मतिर बनाकर,  
समंदर को लांघ कर तो देख,  
जरा तू भी अपने लक्ष्य तक खुद उड़ कर तो  
देख ।

अरे! जंजीरों में जकडी हुई सोनेकी चड़ियाँ ने  
तो उड़ना सखि लयिा...  
अपना हीसला बुलंद रख और नशिना लगा,  
दुनिया तेरे आगे झुक जाएगी,  
दानव सा इंसान आकर घुटने टेकेगा,  
लक्ष्य पीछे से आवाज़ देगा,  
जरा आसमान को छूकर तो देख,

ओड़िशा आदर्श विद्यालय, आस्का, गंजाम  
निर्झरा मिश्रा  
कक्षा - आठवीं

## आजादी

पंछी है जो कैद अग्र,  
तो उड़ने में कर मदद तू,  
रात है जो कल अग्र,  
दिया जलाकर कर उजाला तू,  
बीत गए कई साल हमारे,  
मन में उलझ कर,  
सुलझा मन के भाव तू  
आदमी हो या औरत या बच्चे,  
सभी के जीवन का कर सम्मान तू,

तोड़ दे आज तू दीवारें सारे,  
आगे बढ़ तू ! सफल बन,  
उन वीरों ने क्या पाया ?  
अगर तू डर में खोया,  
उठ जा तू, छू ले आसमान,  
सब को अपनी आजादी दिला,  
वीरता दिखा, वीर बन,  
अगर है आजाद तू, आजादी दिला ।

ओड़िशा आदर्श विद्यालय, बंटपूर, बालिजंता  
स्वयंसी दास  
कक्षा - आठवा

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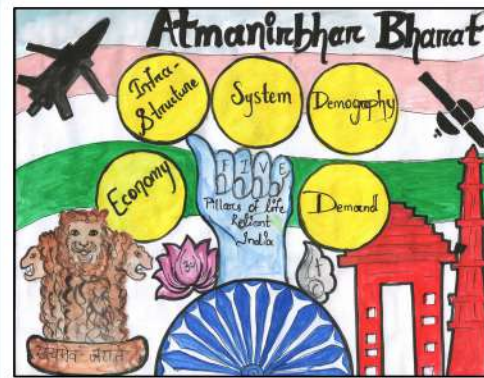
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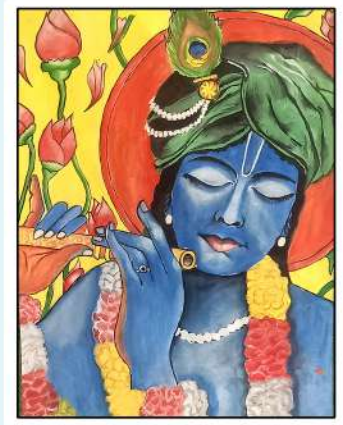
**CREATIVE HIGHLIGHTS**



ANILISHA KUANR, CLASS- X  
OAV- SUANPADA, GHASIPURA, KEONJHAR



MAMALI MAHARANA, CLASS- IX, OAV- DIGAPAHANDI



PUJARANI BAL, CLASS- IX  
OAV, BEGANA, KORAI, JAJPUR



SOURAV KUMAR AGRAWAL, CLASS- VIII  
OAV -JOKIDOLA, BANKI, CUTTACK



OM PRAYASH MOHANTY, CLASS- VI  
OAV- CHANCHARAPADA, JAIPATNA, KALAHANDI



SUBHRANGSHU SEKHARA MOHANTA, CLASS- X  
OAV, MORODA, MAYURBHANJ



DHANMATI ROHIDAS, CLASS- IX  
OAV- DHANKAUDA, SAMBALPUR



MAITRIYA MISHRA, CLASS- X  
OAV- NIMINA, ASKA, GANJAM



RAJIB SAHU, CLASS- VIII  
OAV- TALSANKARA



SHILPIKA MANDAL, CLASS- VI  
OAV - KALIKA, BALASORE



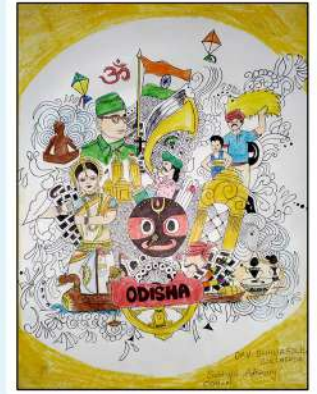
SIBASISH DAS, CLASS- IX  
OAV -TARANDO, KENDRAPARA



DEEPTIRANI PRADHAN, CLASS- X  
OAV-KHALIKOTE, GANJAM



SASMITA KUDUK, CLASS- X  
OAV- GONDHIPALLY, MALKANGIRI



SUBHOJIT ADHIKARY, CLASS- XI  
OAV - BALIASOLE, SULLIAPADA



ACTIVITIES



100 Banyan & Peepal saplings were planted by the students of OAV Sidheswar, Digapahandi under "One child One plant" (ଏକ ଶିଶୁ ଶୁଦ୍ଧ ଚିତ୍ର) in presence of Mr Prafulla Samantary Green Noble prize winner, Dr Sudhir Kumar Rout eminent environmentalist & other dignitaries



State level 2nd winner of All India Quiz On Fincial Literacy, 2023 at Bhubaneswar (OAV Tingiria, Raruan, Mayurbhanj)



Vanamahotsab at OAV, Jamirdiha, Bisoi, Mayurbhanj



Miss Akanshya Mishra of OAV Jamkani, Tarbha, Subarnapur whose Science Project got selected for National Level Exhibition under INSPIRE MANAK program of Govt of India attended 2 Days Seminar on 12th & 23th July at NIF, Bhubaneswar



B. D. Sridipta Nayak receiving prize from Collector, Jajpur for bagging 1st position in District Level Junior English Debate Competition on the occasion of 74th Republic Day



Road Safety activity at OAV, Mahulia, Rasgovindpur, Mayurbhanj



Ananya Patnaik and Bulbul Pothal of OAV Ranibhol Barpada reading in class X stood first in block level and 2nd at the district level in Financial quiz competition conducted by RBI getting Rs 10k as cash prize and certificates



Mass greetings card making at OAV-Badapur, Patrapur, Ganjam



Van Mahostab (Plantation Program) at OAV Kusaguma, Dharakote, Ganjam



Swarna prashanna program by Sri Sri University Ayurveda department professors and doctors in Odisha Adarsha Vidyalaya Ramdaspur Baranga Cuttack